



# April 2022 Newsletter

## COMING UP!

<b>Barry Hayles XI vs The Lucy Rayner Foundation @ Merstham FC 3PM</b>	Saturday 30 <sup>th</sup> April
<b>6-A-SIDE Football @ South Park FC</b>	Saturday 7 <sup>th</sup> May
<b>Lucy Rayner Foundation Cricket Day @ Horley Cricket Club</b>	Saturday 3 <sup>rd</sup> July
<b>The Lucy Rayner Foundation SKY-DIVE</b>	Sunday 24 <sup>th</sup> July



This is Amie! Amie has recently joined The Lucy Rayner Foundation as our Administration Assistant. She is helping to keep us in line and organised in the office as well as assisting Emma with planning and co-ordinating events.



This is Shamshad Minhas, our new Mental Health Trainer. Shamshad co-ordinates and leads high quality training and workshops on a range of subjects relevant to mental health. Particularly Shams's focus will be within schools and to young adults.



This is Devika! Devika has joined us to help Jenny run the Surrey Suicide Bereavement service. This is a very crucial part of the charity that provides a platform for those bereaved by suicide to open up about how they are feeling and gain support throughout the grieving process.



## WELL DONE...

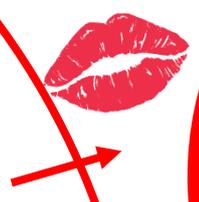


Well Done to everyone that took part in our 31 Day Challenge! **We raised a total of...**

## THANKYOU!

A huge **THANK YOU** to everyone who has donated money to us so far this year! We couldn't run without your generosity...

# £977!



Waitrose Horley have donated a huge **£1000** this month! We are so grateful to be your chosen charity!





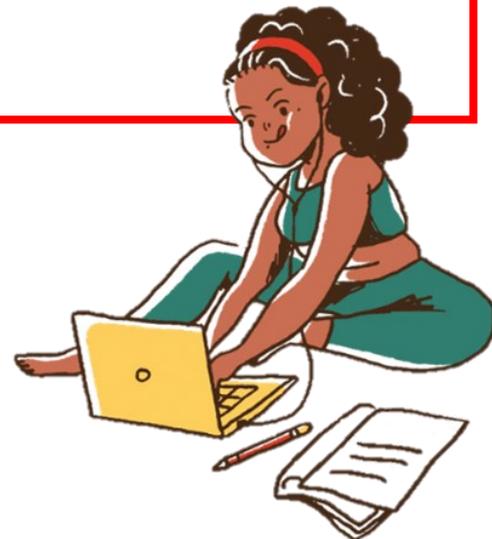
**We need  
volunteers!  
Email  
Today!**



# BU BOXES

We are currently in the process of organising a really exciting scheme in which all year 11 students in Surrey will receive a self-care box/goody bag that will aid them in relaxing throughout the exam period. We are hoping that in turn, this will produce better results across the area and dramatically improve their mental health and wellbeing throughout such a stressful and crucial time in their lives.

In May we will be rolling out and trialling these boxes to our two chosen schools who have supported us and fundraised for us multiple times in the past: Oakwood School and Dunottar School.



## Schools Training Programme

Public Health are working with The Lucy Rayner Foundation and Papyrus to deliver Mental Health training opportunities for Surrey schools.

There are three training courses available that will help schools to build their confidence and develop their knowledge of mental health, self-harm, and suicide prevention. The trainings will help to provide a supportive school culture and safeguarding practices, as well as support your development of a Surrey Healthy Schools approach to well-being, health, inclusion, and achievement.



"As Spring approaches, it brings our family to the anniversary of Lucy's passing. I can't believe it is 10 years since she left us! So much has happened since then!

Spring for me signifies the beginning of growth, that time of the year to clear out the clutter, clutter in the house and clutter in the mind! It's an opportunity to spring clean!

Whatever is going on in your life right now take some time to check in with yourself? Is there anything that you want to change? Is there anything that you want to learn? Is there anything that you want to do to facilitate the change? Then take action!

Our wellbeing, both physically & mentally is in our hands, it is up to us to become the explorers in our lives, go out and try new things that can enhance our state of well-being. I dare you to come out of your comfort zone because that is where you will find your hidden strength and inner growth. Don't leave it up to the professionals to tell you what they think is wrong, you know yourself better than anyone else. So, listen to that inner still voice and follow your gut instincts, you will not go wrong.

This has been my mindset since 05<sup>th</sup> May 2012."  
Jenny Rayner, CEO of The Lucy Rayner Foundation

**Fancy joining our race**

**to #RUNOFFDEPRESSION?**

**Sign up today!**

[https://thelucyraynerfoundation.com/  
run-off-depression/](https://thelucyraynerfoundation.com/run-off-depression/)

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